Help Us Protect Your Park

Set aside more than 100 years ago, Rocky Mountain National Park has been entrusted to your care. Please take pride in your park and treat it with respect! Generations of future visitors will thank you.

How can you help protect Rocky?
• Read and follow important safety information on page 2, then take the Rocky Pledge. Our rules and regulations weren’t invented to ruin anyone’s fun—they were created to keep you safe and to keep your park beautiful. Read and take heed!
• Be kind to fellow visitors and park staff. As Rocky continues to grow in popularity, crowded roads, packed parking lots, and lines at bathrooms and visitor centers are becoming more common. This can be frustrating, but please be patient. We’re all here to enjoy Rocky’s splendor.
• Plan ahead for your next visit, whether tomorrow or in a decade. Planning ahead can help you avoid the not-so-fun stuff so that you have more time and energy to enjoy the totally-fun stuff. For details, visit our website at nps.gov/romo/.

Things to Do in a Day or Less

Take a Scenic Drive PAGE 4
Driving Rocky’s roads is a great way to explore the park. Learn more about our roads and famous drives, including times of the year when many major roads are closed to motorized traffic.

Watch Wildlife PAGE 5
Rocky is home to many animals, big and small. While we’re unable to tell you exactly where wildlife will be (they’re wild, after all!), we’ve got a great guide inside that’ll help you learn more.

Hike a Trail PAGE 6
Rocky has trails for every age and ability. Find a trail, check your packing list against our recommended items, and learn where you can get even more in-depth info.

See Visitor Centers PROGRAM GUIDE
Visitor centers are a great way to explore the park’s wonders. Lucky for you—we’ve got quite a lot! See your program guide for opening and closing dates and times and general descriptions.

Join a Ranger PROGRAM GUIDE
Year-round, Rocky offers ranger-led programs on a wide variety of awesome topics. Check out our program guide to find the perfect program for you and yours.

Just for KIDS PROGRAM GUIDE
Our kids are our future, and Rocky is here for them, too! From becoming a Junior Ranger to enjoying Discovery Days, there are plenty of fun activities for kids of all ages.
The Rocky Pledge
“To preserve unimpaired for this and future generations the beauty, history, and wildness therein, I pledge to protect Rocky Mountain National Park.”

岩埑的许諾
“為保存未被破壞的此地及未來世代的美、歷史及野性，我宣誓保護落基山國家公園。”

Altitude Sickness affects many visitors every year. Symptoms include headaches, nausea, fatigue, dizziness, vomiting, and in acute situations, even unconsciousness. Altitude can also aggravate preexisting conditions like heart and lung disease. Take your time, drink plenty of water, eat lightly, and rest. The only cure for altitude sickness is to go down to a lower altitude.

高海拔症候群每年影響許多訪客。症狀包括頭痛、噁心、疲勞、眩暈、嘔吐，以及在急症情況下，甚至意識模糊。高海拔也可能加重已有條件，如心臟和肺病。請緩慢行動，多喝水，輕食，並休息。高海拔症候群唯一的治療方法是前往低海拔地區。

Backcountry Travel should be done in a group, not alone. Leave a detailed trip itinerary with a friend. This helps park authorities if you fail to return. Mountain weather changes quickly. If conditions are more difficult than anticipated, turn around. Longs Peak, a popular climb, can have treacherous ice and snow any time of year. Camping is only allowed in designated sites.

野外活動應與同伴一起進行，不應單獨行動。請與朋友分享詳細的行程計劃。若您未能按时回歸，這將對公園管理部門有所幫助。山區天氣變化迅速。若遇到比預計更困難的條件時，應立即撤離。長峯，是一個受歡迎的攀爬地點，一年四季都可能有危險的冰和雪。野營僅能在指定的地區進行。

Bicycles are prohibited on trails. They are permitted on all roads open to motor vehicles, paved and dirt, unless otherwise posted. There are no designated bicycle lanes in the park. Roads are narrow with few or no shoulders—ride with care. By law, you must ride single file. Shuttle buses do not accept bicycles. Visit go.nps.gov/RockyBicycling.

行駛於公園路線的自行車被禁止。他們在所有對機動車開放的道路上允許行駛，除非另有標示。公園內沒有自行車專用道。道路狹窄，沒有肩線——請小心行駛。法律規定，您必須單行。穿梭巴士不接受自行車。請訪問go.nps.gov/RockyBicycling。

Campfires should be built in a ring, not alone. Leave a detailed trip itinerary with a friend. This helps park authorities if you fail to return. Mountain weather changes quickly. If conditions are more difficult than anticipated, turn around. Longs Peak, a popular climb, can have treacherous ice and snow any time of year. Camping is only allowed in designated sites.

營火應該建在一個圓圈中，而不是單獨建一個。請與朋友分享詳細的行程計劃。若您未能按时回歸，這將對公園管理部門有所幫助。山區天氣變化迅速。若遇到比預計更困難的條件時，應立即撤離。長峯，是一個受歡迎的攀爬地點，一年四季都可能有危險的冰和雪。野營僅能在指定的地區進行。

Cell Service is unavailable in much of the park. Don’t depend on a cell phone for emergency help.

整個公園大部分地區無訊號。請不要寄望於依靠手機在緊急情況下獲得幫助。

Campfires are permitted only in campgrounds and picnic areas with fire grates. During high fire danger, campfires may be prohibited. You can purchase a fire extinguisher, pans, and firearms. I will never build a fire outside of a campground or picnic area fire ring.

營火僅能在營地和野餐區的火盆中允許。在高火災危險期間，營火可能被禁止。您可購買滅火器、火盆和火器。我從不允許營火超出營地或野餐區的火盆。

Drones are not allowed anywhere in Rocky Mountain National Park.

無人機在整個落基山國家公園內禁止。

Firearm Possession in the park is permitted for those legally authorized to possess firearms under federal, Colorado, or local laws. However, hunting, recreational shooting, and target practice are illegal. Federal law prohibits firearms in park buildings and facilities. Those legally allowed to carry firearms must comply with all applicable state and federal firearm laws.

公園內允許持有合法授權的自由射擊。然而，狩獵、娛樂射擊和靶演練都是非法的。聯邦法律禁止在公園建築物和設施內使用武器。那些合法持有武器的必須遵守所有適用的州法及聯邦法律。

Fishing requires a Colorado state fishing license. Trout in the park include Brook, Rainbow, and Cutthroat (including the protected Colorado River and Greenback). Not all park lakes have reproducing fish populations. For more information, visit go.nps.gov/RockyFishing.

垂釣需要科羅拉多州漁業許可證。公園內的魚種包括Brook、Rainbow和Cutthroat（包括保護中的Colorado River和Greenback）。不是所有公園湖泊都存在繁殖魚群。請訪問go.nps.gov/RockyFishing獲得更多信息。

Hypothermia can happen any time of year. Watch for drowsiness, impaired judgment, excessive shivering, and slurred speech. To prevent, wear insulated, wind-proof layers and drink plenty of fluids.

低溫症候群每年可能會發生。請留意疲倦、判断力減退、過度顫抖和口齒不利。請戴上防寒的防水衣料及多飲水。

Lightning regularly strikes in Rocky. There is no safe place in the backcountry when lightning strikes. Check the forecast before heading out. Watch for building storm clouds. Plan activities so you can quickly return to your car if a storm begins. If hiking, plan to return to the trailhead before noon, and return to the trailhead immediately if you hear thunder.

雷電在落基山地區定期出現。當雷電來襲時，沒有安全的地方。請留意預報並確保計劃的活動可以迅速返回車輛。若徒步，計劃在中午前返回，並立即返回trailhead。若您聽到雷聲，請立即返回trailhead。

Marijuana possession and use is illegal in Rocky Mountain National Park and all federal lands, even though small amounts of recreational marijuana are legal in Colorado.

大麻在落基山國家公園及所有聯邦土地上均屬非法，即使在科羅拉多州屬合法的少量非醫療用途大麻。

National Park. I pledge to honor, respect, and protect all our national parks and public lands.

國家公園。我宣誓尊重、保護及保護我們所有的國家公園及公共土地。

Pets are prohibited on ALL park trails, tundra, and meadow areas. Leashed pets are only allowed in picnic areas, parking lots, campgrounds, and along roadways. Never leave pets in vehicles if it puts them in danger or they become a public nuisance. When outside vehicles, pets must be on leashes no longer than six feet. Service animals that have been individually trained to perform specific tasks for the benefit of persons with disabilities are allowed in the park.

寵物在公園內的任何徑道、苔原及草地區域禁止。束繩動物僅可容許在野餐區、停車場、營地及沿道路行駛。請勿將動物遺留在車廂，否則將會對動物及其他人造成危害。在車廂外，動物必須栓繩，繩長不可超過六英尺。那些受過個別訓練以提供特定服務的人員，其残疾人的服務型動物可以進入公園。

Rivers and Streams can be deadly. Park waters are frigid. Powerful currents can knock you over and pull you downstream or underwater, where you may become trapped. Streamside rocks are often slippery, and nearby water may be deep. Always closely supervise children around all water but especially near rivers and streams.

河川和溪流可能是致命的。公園內的水非常冰冷。強烈的水流可能會拉走您並且將您帶向下游或水底，那裡您可能會被夾住。溪畔的岩石很常光滑，附近的水可能是深的。請密切監督所有孩童在所有水域，特別是河川及溪流附近。

Take only pictures. It is illegal to take any natural features including pinecones, rocks, antlers, and artifacts or to disturb soil, rocks, or vegetation (including flowers). Metal detector use is prohibited.

只拍照片。擅自取走任何自然特徵如松果、岩石、鹿角和文物，或影響土壤、岩石或植被（包括花卉）都是非法的。禁止使用金屬探測器。

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岩埑的許諾
“為保存未被破壞的此地及未來世代的美、歷史及野性，我宣誓保護落基山國家公園。”

Ticks are out. In areas with plants, particularly tall grasses, regularly check yourself for ticks. Wear long sleeves, pants, and repellent with DEET. If you find an embedded tick, slowly pull it straight out with tweezers. Ticks can carry disease, including Colorado Tick Fever.

蜱是危險物種。在植物特別是高草區域，請經常檢查自己身上是否有蜱。戴上長袖、長褲及防蚊噴霧。發現蜱時，請用絞齒夾小心地將它們直接拉出。蜱會傳播疾病，包括科羅拉多蜱熱。

To keep them and you safe and comfortable:

為您和他人安全及舒適著想，請做到以下事項：

• Obey wildlife closure areas and “no stopping” traffic zones.
  遵守野生動物禁入區及“禁止停車”交通區。

• Use parking areas along the road. If not available, pull your vehicle completely off the road and do not park on vegetation.
  使用沿道路的停車場。若無法使用，請完全駛離道路，並避免停在植被上。

• Keep a safe distance. If you cause an animal to move or change behavior, you are too close! Approaching an animal puts you at risk and may cause it stress, leading to disease and illness.
  請保持安全距離。若動物因您的行動而移動或改變行為時，您太接近了！接近動物會會對您造成風險，並導致動物出現壓力，最終造成疾病及疾病。

• Never feed wildlife, including birds and chipmunks.
  請勿餵食野生動物，包括鳥類及花栗鼠。

Many amazing animals call Rocky home. To keep them and you safe and comfortable:

許多奇妙的野生動物來訪落基山。為您及它們的安危著想，請做到以下事項：

• Travel in groups and make noise as you hike closely together. Keep children close! A predator does not distinguish a running child from running prey.
  請結伴同行及做出聲響。確保孩童跟隨為安！對視物不會區分奔跑小孩及奔跑的獵物。

• If you see a bear or mountain lion, stop, stay calm, and back away slowly. Never approach wildlife or turn your back and run. Stand tall and look large. Raise your arms. Protect small children by picking them up.
  若看到熊或山獅，請停留，保持冷靜，並緩慢後退。切勿接近野生動物，亦不可背對其逃跑。請保持高大，並抬高雙臂。對小兒，請將他們拾起。

• If approached, make loud noises, shout, clap hands, bang pots or pans, and fight back if attacked.
  若被接近，請作出造作及打響響聲，拍手，撞擊鍋具及器皿，並若被攻擊，請回擊。

Bears and Mountain Lions

Seeing a bear or mountain lion is rare, and interactions are even more rare. However, keep the following in mind:

看到熊或狼山獅是罕見的，而互動更加罕見。請記住以下幾點：

• Keep a safe distance. If you cause an animal to move or change behavior, you are too close! Approaching an animal puts you at risk and may cause it stress, leading to disease and illness.
  請保持安全距離。若動物因您的行動而移動或改變行為時，您太接近了！接近動物會會對動物造成風險，並導致動物出現壓力，最終造成疾病及疾病。

• Never feed wildlife, including birds and chipmunks.
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Never feed or approach wildlife.

請勿餵食或接近野生動物。
Weather

Winter

December–March
Cold temperatures, high winds, and ice and snow define winter at Rocky Mountain National Park. Skiing and snowshoeing conditions are best in January, February, and March.

Estes Park area
Usually free of deep snow. Winds are often extremely high (50+ mph gusts).

Higher elevations
Arctic conditions: sudden blizzards, damaging winds, deep snowpack.

Grand Lake area
Deeper snow common. Winds less extreme. Clearer and colder than the east side of the park.

Spring

April–May
A warm, sunny day can make it seem that summer’s arrived early, only to be followed by a day of cold temperatures and heavy snowfall. Expect snow and ice on most if not all trails.

Montane
(8000–9500 ft, 2450–2900 m)
Spring arrives here first, usually in late April.

Subalpine
(9500–11,500 ft, 2900–3500 m)
Spring is just reaching the sub-alpine country in June.

Summer

June–August
Sunny mornings, afternoon thunderstorms (often with dangerous lightning), and clear, cool nights. This is the busiest time of year in the park. Most park facilities are open.

Alpine
(11,500+ ft, 3500+ m)
Magnificent wildflowers bloom from late June to early August. Snow can stick around in gorges and other shaded areas well into summer.

Fall

September–November
Expect clear crisp air, blue skies, and generally dry weather mixed with the occasional early snowstorm. Trail Ridge Road usually closes for the winter by mid-October.

Fall colors
Aspen leaves start changing in mid-September. Fall color is magical but usually brief, lasting only a few weeks.

Elk rut
Elk mating season begins in September and continues through mid-October.

Why is it colder at elevation?

Take a look at the temperature chart above. The Alpine Visitor Center is, on average, 15–20 degrees colder than Estes Park, yet it’s only a few miles away as the crow flies.

How can this be?

Elevation, which measures a location’s height above sea level.

Most people live relatively close to sea level (maybe you do, too), so they don’t know about the big effect elevation has on almost every thing, from solar radiation to weather to—you guessed it—temperature. But here in Rocky, where elevations start at around 7,500 ft, you can experience these changes first hand!

For every 1,000 feet gained in elevation, temperature decreases 3–5°F. Why?

• The atmosphere gets thinner. With less air and clouds between the ground and the darkness of space, less of the sun’s heat is trapped and re-radiated back to Earth.

• Air pressure drops. This causes the temperature of air, a gas, to decrease.

Add to these factors more exposure to extreme wind and weather, and it’s no wonder a warm day at the park entrances can be much chillier in the mountains.

What clothes should I bring?

Dressing for a trip to the mountains is part of the adventure.

As you can see, conditions vary wildly throughout the year and between different elevations. But conditions also vary wildly even within the same day!

A single summer day could bring clear skies and frosty breath in the morning; blistering sun and sweat at noon; and a thunderstorm in the afternoon with a 20 degree temperature drop, lightning, rain, and hail.

A winter day can go from still with warm sun to howling wind and whiteout conditions in a matter of minutes.

How can you prepare for such wild weather?

• Always carry wind and waterproof outerwear. Sudden cold rainstorms happen even in summer, and chilling winds are common.

• Bring warm, quick-drying layers to adjust to changing temperatures.

• Wear closed-toe, durable footwear. The park is rarely entirely without ice and snow.

• Bring a warm hat and gloves—even in summer.

• Protect yourself from the sun with clothing, sunscreen, and sunglasses. UV radiation is much higher at elevation.
Winter Driving Conditions: Snow, Ice, High Winds

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Ice and Snow Possible

Bear Lake Road
weather permitting

Trail Ridge Road
open to motorized vehicles
weather permitting

Many smaller roads are fully or partially closed in winter. Learn more: go.nps.gov/RockyRoads

Winter
December–March

While Bear Lake Road and other major paved roads remain open (weather permitting), smaller park roads, Old Fall River Road, and most of Trail Ridge Road are closed. Winter driving conditions are possible at any time—be prepared.

Spring
April–May

Snow, ice, rain—anything’s possible in spring. Some smaller roads open, weather permitting.

Summer
June–August

It’s prime time at Rocky. Nearly all park roads, including Trail Ridge Road, open by Memorial Day (weather permitting). Old Fall River Road opens latest in the season, in early July.

Stay Safe

- Trail Ridge Road is narrow, winding, and has few guardrails. Drive carefully.
- Lightning can kill you. If thunderstorms are approaching or if you see or hear lightning, immediately seek shelter in your car or a building.
- High elevation can make you feel sick and aggravate preexisting conditions. See page 2 for details.
- Temperatures on the tundra can be 30° F (10 to 15° C) colder than park entrances, and weather changes quickly. Always bring warm, windproof layers, including a hat and gloves, even on warm days.
- Sunlight is intense at elevation. Even on cool, cloudy days, UV levels can be extreme. Wear sunglasses that block UV to protect your eyes. Use sun screen and wear a hat. Consider full-coverage clothing for long outings.

Protect the Tundra

While seemingly hardy, the tundra is in fact quite fragile. Repeated footsteps often destroy tundra plants. Recovery can take hundreds of years.

- You must stay on trails in the park’s six Tundra Protection Areas:
  - Alpine View Trail
  - Alpine Visitor Center area
  - Forest Canyon overlook
  - Gore Range overlook
  - Rock Cut overlook
  - Tundra Communities Trail
- Never pick flowers or plants.
- Never feed or approach wildlife, no matter how small.
- Park only in designated areas, never on vegetation.
- Pets are prohibited on ALL tundra areas.

Old Fall River Road

Completed in 1920, Old Fall River Road was the first auto route in the park offering access to the alpine tundra. It follows a route long used by Native American tribes, including Ute and Arapaho.

Old Fall River Road is a “motor nature trail.” Gravel and dirt, one-way uphill, with no guardrails and tight switchbacks, vehicles 25 feet and longer or with trailers are not allowed.

The 9-mile long road leads you from Horseshoe Park (just west of the Fall River entrance) up a deeply cut valley to Fall River Pass at 11,796 ft (3595 m). It then joins Trail Ridge Road at the Alpine Visitor Center.

Traffic, Parking, and Shuttle Buses

Rocky hosted over 4.5 million visitors in 2017. With most visitors arriving by car, this means park roads can get extremely busy and parking extremely limited.

We understand this can be frustrating—but we’re all here to enjoy and celebrate Rocky. Help yourself and other visitors keep fun levels high and stress levels low by being courteous to other motorists, obeying posted speed limits, and watching for visitors and wildlife in parking lots and near roadways.

- Roads are busiest from 9 am to 3 pm during the summer and on fall weekends. Arrive early or late to avoid the crowds.
- Parking at our most popular trailheads can fill as early as 6:30am. Even less popular trailheads will fill by early morning.
- If you’re planning to hike, start early!
- Consider riding the shuttle from the Estes Park Visitor Center (park pass required) or Park and Ride. Save money on gas, skip the traffic and hunt for parking, and enjoy mountain views while someone else drives! Learn more on the back page.
Wildlife

Wild and Watchable

With elk, bighorn sheep, mule deer and moose calling Rocky Mountain National Park home, it’s no surprise that wildlife watching is rated the number-one activity by many of Rocky’s visitors. Park roads provide access to this wonderful world, so bring your binoculars and don’t forget your camera — you never know when you may see something!

The park’s great large-animal population makes it one of the country’s top wildlife watching destinations. But also found in Rocky Mountain National Park are nearly 60 other species of mammals, more than 270 recorded bird species, six amphibians (including the endangered boreal toad), one reptile (the harmless garter snake), 11 species of fish, and countless insects, including a surprisingly large number of butterflies.

For the bird aficionados, keep an eye out for the birds that call Rocky home. Steller’s Jays, with their striking blue bodies, are year-round residents, as are Gray Jays, Clark’s Nutcrackers, and the iridescent, long-tailed Black-billed Magpies. Other birds, like the tiny, brilliant Broad-tailed Hummingbirds and Western Tanagers come here to nest and raise their young in the summers, wintering in warmer places.

Many amazing animals call Rocky home. To keep them and you safe and comfortable:

- Obey wildlife closure areas and “no stopping” traffic zones.
- Use parking areas along the road. If not available, pull your vehicle completely off the road and do not park on vegetation.
- Keep a safe distance. If you cause an animal to move or change behavior, you are too close! Approaching an animal puts you at risk and may cause it stress, leading to disease and illness.
- Never feed wildlife, including birds and chipmunks.

Elk
Habitat
Meadows, meadow-forest boundaries. Common at lower elevations spring-fall.

Viewing tips
Look at dusk and dawn in Horseshoe Park, Moraine Park, Upper Beaver Meadows, and Harbison and Holzwarth meadows. During the fall mating season, bull elk can be heard bugling as they attempt to attract harems of cow elk.

Moose
Habitat
Streambeds and meadows

Viewing tips
These large mammals frequent willow thickets along the Colorado River in the Kawuneeche Valley on the park’s west side and are increasingly being seen on the park’s east side.

Bighorn Sheep
Habitat
Rocky mountainsides and canyons

Viewing tips
May through mid-August, often seen along US Hwy 34/Fall River corridor on park’s east side, or high on Trail Ridge Road and the rocky alpine of the park’s west side. Look for lambs around mid-June.

Black Bear
Habitat
All habitats throughout the park

Viewing tips
Black bears range over large areas—sightings are a rare treat and should be treated with respect (see detailed tips on page 2). There are no grizzly bears in Rocky—if you see a bear, it’s a black bear.

Coyote
Habitat
All habitats throughout the park

Viewing tips
Can be seen parkwide at any time of day. Yipping and howling is sometimes heard in the evening and morning.

Mule Deer
Habitat
All habitats throughout the park

Viewing tips
At lower elevations, mule deer are most often found in open areas, usually at dawn and dusk.

Yellow-bellied Marmot
Habitat
Rock piles

Viewing tips
Look for marmots sunbathing on rock outcroppings on the tundra along Trail Ridge and Old Fall River roads.

Pika
Habitat
Rock piles at higher elevations

Viewing tips
Listen for its sharp, distinctive bark and watch for movement among the rocks.
Hiking Essentials
- Sturdy footwear
- Rain gear
- Layered clothing
- Jacket/sweater and long pants
- Gloves, hat, extra socks
- Sunscreen, hat, sunglasses
- Whistle and waterproof matches
- Headlamp or flashlight
- High-energy snacks
- Plenty of water
- First-aid supplies
- Topo map and compass or GPS

- Feds are prohibited on all park trails, tundra, and meadow areas (see page 2).
- Don’t hike alone. Keep your group together.
- Weather conditions can change quickly. Always be willing to turn around.

Gentle Trails

East Side

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<th>TRAILHEAD</th>
<th>DISTANCE</th>
<th>ELEVATION</th>
<th>HIGHLIGHTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bear Lake</td>
<td>End of Bear Lake Road</td>
<td>0.5 mi</td>
<td>20 ft</td>
<td>Follow a self-guiding nature trail around beautiful Bear Lake. Trail often has snow well into June.</td>
</tr>
<tr>
<td>Hidden Valley Nature Trail</td>
<td>Hidden Valley</td>
<td>0.5 mi</td>
<td>20 ft</td>
<td>Follow a nature trail through the sub-alpine forests of Hidden Valley.</td>
</tr>
<tr>
<td>Lily Lake</td>
<td>Lily Lake Trailhead south of Estes Park on Highway 7</td>
<td>0.8 mi</td>
<td>20 ft</td>
<td>A level walk around Lily Lake featuring wildflowers, waterfowl, and mountain views.</td>
</tr>
<tr>
<td>Moraine Park Discovery Center</td>
<td>Bear Lake Road</td>
<td>0.5 mi</td>
<td>20 ft</td>
<td>Self-guiding trail booklet available. Winds up and down hillside behind Discovery Center.</td>
</tr>
<tr>
<td>Sprague Lake</td>
<td>Bear Lake Road</td>
<td>0.5 mi</td>
<td>10 ft</td>
<td>Packed gravel, level grade trail around lovely lake.</td>
</tr>
</tbody>
</table>

Trail Ridge Road

<table>
<thead>
<tr>
<th>TRAIL</th>
<th>TRAILHEAD</th>
<th>DISTANCE</th>
<th>ELEVATION</th>
<th>HIGHLIGHTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpine Ridge Trail</td>
<td>Alpine Visitor Center</td>
<td>0.5 mi</td>
<td>209 ft</td>
<td>Amazing views in all directions from this small summit. Keep an eye on the sky: if storms approach, stay off!</td>
</tr>
<tr>
<td>Tundra Communities Trail</td>
<td>Rock Cut</td>
<td>0.6 mi</td>
<td>260 ft</td>
<td>View the miniature world of the alpine tundra and enjoy sweeping views of the park. Keep an eye on the sky: if storms approach, stay off!</td>
</tr>
</tbody>
</table>

West Side

<table>
<thead>
<tr>
<th>TRAIL</th>
<th>TRAILHEAD</th>
<th>DISTANCE</th>
<th>ELEVATION</th>
<th>HIGHLIGHTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adams Falls</td>
<td>East Inlet Trailhead near east end of Grand Lake</td>
<td>0.6 mi</td>
<td>80 ft</td>
<td>A beautiful short hike near Grand Lake. Trail continues beyond the falls to lush meadows with mountain views.</td>
</tr>
<tr>
<td>Coyote Valley Trail</td>
<td>Coyote Valley Trailhead Visitor Center</td>
<td>1 mi</td>
<td>10 ft</td>
<td>Follows bank of the Colorado River with views of Never Summer Mountains. Look for wildlife. Packed gravel, level grade.</td>
</tr>
<tr>
<td>Holzwarth Historic Site</td>
<td>US Hwy 34</td>
<td>1 mi</td>
<td>10 ft</td>
<td>Explore a historic homestead cabin and 1920s dude ranch. Brochures, interpretive signs.</td>
</tr>
</tbody>
</table>

Leave No Trace

Treating your park with respect is essential—both to protect the park and to provide a better experience for all park visitors.

- Use town, park, and trailhead restroom facilities whenever possible. If you’re on the trail and have to go, move away from the trail; bury your waste at least 6” deep; and pack out your toilet paper.
- Do not remove anything from the park, including rocks, plants, and antlers. In addition to being illegal, removing these things means the next person after you won’t be able to enjoy them as you did.
- Campfires are absolutely illegal outside of designated fire rings in park campgrounds and picnic areas. Illegal campfires scar the landscape and can grow into deadly wildfires.

More Challenging Hikes

Looking for longer, steeper, more demanding hikes? Rocky has plenty to offer.

More difficult hikes require a higher level of fitness; more planning and safety preparations; and a greater knowledge with and comfort in the wilderness.

If you feel you meet these requirements:
- Research hikes online at nps.gov/romo/.
- Talk with a ranger at any of our visitor centers or staffed trailheads.
- Visit one of our nature store locations and purchase a high-quality, detailed map and guidebook.

Longs Peak

The Keyhole Route to the summit of Longs Peak (14,259 ft / 4346 m) is NOT a hike. It is a climb that crosses enormous sheer vertical rock faces—often with falling rocks—and requires scrambling where an unroped fall would likely be fatal. The route has narrow ledges, loose rock, and steep cliffs.

The terrain requires a high level of fitness and good route-finding and scrambling skills.

Injuries requiring rescue are very dangerous and take hours, if not days, to evacuate.

If you are considering climbing Longs Peak, detailed information is available on the park website (go.nps.gov/LongsPeak) or at the Longs Peak Ranger Station.
Visitor Centers

Beaver Meadows Visitor Center
Open 8am to 6pm daily
Near the Beaver Meadows Entrance on US Hwy 36. Information, bookstore, and park movie (see left). For wilderness camping permits, follow the trail east of the visitor center to the Wilderness Office.

Sheep Lakes Information Station
Open 9am to 4:30pm daily (weather permitting) closes 8/12
In Horseshoe Park on US Hwy 34 west of Estes Park. Information and ranger programs. Good wildlife viewing.

Alpine Visitor Center
Open 9am to 5pm daily (weather permitting)
Highest visitor center in the NPS at 11,796 feet. Extraordinary alpine views, displays, information, a bookstore, and an adjacent gift shop and cafe.

Kawuneeche Visitor Center
Open 8am to 6pm daily
On US Hwy 34 north of Grand Lake. Information, maps, free park movie, exhibits, a bookstore, and wilderness camping permits.

Fall River Visitor Center
Open 9am to 5pm daily
Near the Fall River Entrance on US Hwy 34. Life-sized wildlife displays, bookstore, and new Arts Alive Activity Center (all ages welcome).

Moraine Park Discovery Center
Open 9am to 4:30pm daily
On Bear Lake Road. Interactive exhibits, nature trail with great views of Moraine Park, family-friendly activities, and a bookstore.

Talks and Activities

Quick, casual, and interactive, talks and activities are great for all ages and abilities! Learn about bears, bighorns, lightning, the history of Trail Ridge Road, and so much more.

Walks and Hikes

From brief strolls to true hikes, these programs get you moving. Birds, lakes, flowers, waterfalls, geology, history—join a ranger to discover new trails and ideas.

Evening Programs

Hosted in the park’s campground amphitheaters, evening programs cover an ever-changing variety of topics in a fun group environment. Everyone is welcome.

Fun Stuff for Kids

Kids are our future! Become a Junior Ranger, enjoy hands-on activities and hikes at Discovery Days, learn about bugs and insects, and more.

Special Events

Special events are going on all summer long. Visit go.nps.gov/RockyCal to find special events happening during your visit, including those featured at right.

Night Sky Festival
August 10–12
Multiple locations
Three days of fun daytime activities, speakers, programs, and night sky viewing. For a program schedule and other night sky program opportunities, visit go.nps.gov/RockyNightSkies.

Ranger-led Programs

### East Side

<table>
<thead>
<tr>
<th>ACTIVITIES AND TALKS</th>
<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bear Necessities 🚶‍♂️</td>
<td>20 to 30 minute talk</td>
<td>Beaver Meadows Visitor Center</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
</tr>
<tr>
<td>Bighorn Basics 🐐</td>
<td>30 minute talk</td>
<td>Sheep Lakes Information Station</td>
<td>10:30 am</td>
<td>10:30 am</td>
<td>10:30 am</td>
<td>10:30 am</td>
<td>10:30 am</td>
<td>10:30 am</td>
<td></td>
</tr>
<tr>
<td>Coffee With a Ranger ☕️</td>
<td>1 hour chat</td>
<td>Glacier Basin Campground Amphitheater</td>
<td>8 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Explore Rocky's Greenhouse 🌱</td>
<td>1 hour tour</td>
<td>Beaver Meadows Visitor Center</td>
<td>10:30 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leave It to Beaver 🪤</td>
<td>30 minute talk</td>
<td>Fall River Visitor Center</td>
<td>10 am</td>
<td>10 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volunteer in Rocky!</td>
<td>1 hour activity</td>
<td>See dates for location</td>
<td>9 am</td>
<td>9 am</td>
<td>9 am</td>
<td>9 am</td>
<td>9 am</td>
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</table>

**Wheelchair-accessible**

### West Side

<table>
<thead>
<tr>
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<th>SUN</th>
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<td>1 hour activity</td>
<td>See dates for location</td>
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<td>9 am</td>
<td>9 am</td>
<td>9 am</td>
<td>9 am</td>
</tr>
</tbody>
</table>

**Wheelchair-accessible**

### Additional Programs

- **Coffee With a Ranger**: Join the conversation and share your own perspectives about different resource issues facing Rocky while enjoying a warm morning beverage. Starts 6/28-Ends 8/23

- **Explore Rocky's Greenhouse**: Rocky has its own greenhouse! Explore it and learn how the park manages vegetation on this fun tour.

- **Leave It to Beaver 🪤**: Come learn about Rocky’s wild engineers and how they shape life in the park.

- **Volunteer in Rocky!**: Join us for an hour-long volunteer project that will help preserve Rocky for future generations. All ages are welcome!
### WALKS AND HIKES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Length</th>
<th>Location</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Birds of Upper Beaver Meadows</strong></td>
<td>1.5 hour walk</td>
<td>Upper Beaver Meadows Trailhead</td>
<td>7 am</td>
<td>7 am</td>
<td>7 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hike with a Ranger!</strong></td>
<td>5 to 6 mile hike</td>
<td>Meet the ranger at Park &amp; Ride to ride the shuttle to Glacier Gorge Trailhead</td>
<td>8:30 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lily Ridge Hike</strong></td>
<td>1.5 hour, 2 mile walk</td>
<td>Lily Lake</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sprague Lake Stroll</strong></td>
<td>1 to 1.5 hour, 1 mile walk</td>
<td>Sprague Lake Picnic Area</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Walk on the Wild Side</strong></td>
<td>1.5 hour walk</td>
<td>Bear Lake Trailhead</td>
<td>9:30 am</td>
<td></td>
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</table>

### FUN PROGRAMS FOR KIDS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Length</th>
<th>Location</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Discovery Days</strong></td>
<td>Drop-in program</td>
<td>Moraine Park Discovery Center</td>
<td>12:30 pm to 4:30 pm</td>
<td>9 am to 4:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Discovery Hikes</strong></td>
<td>1 to 1.5 hour hike</td>
<td>Moraine Park Discovery Center</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td>9:30 am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Junior Ranger Program</strong></td>
<td>30 minute activity</td>
<td>Junior Ranger Headquarters at Hidden Valley</td>
<td>10 am</td>
<td>11:30 am</td>
<td>10 am</td>
<td>11:30 am</td>
<td>10 am</td>
<td>11:30 am</td>
<td>10 am</td>
</tr>
<tr>
<td><strong>Aspenglen Campground</strong></td>
<td>45 minute program</td>
<td>Aspen Campground Amphitheater</td>
<td>7:30 pm</td>
<td>6:27-8:22</td>
<td>9 pm</td>
<td>6:09-7:20</td>
<td>8:30 pm</td>
<td>707-8204</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Glacier Basin Campground</strong></td>
<td>45 minute program</td>
<td>Glacier Basin Campground Amphitheater</td>
<td>9 pm</td>
<td>6:04-7:15</td>
<td>9 pm</td>
<td>6:09-8:22</td>
<td>8:30 pm</td>
<td>707-82004</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Moraine Park Campground</strong></td>
<td>45 minute program</td>
<td>Moraine Park Campground Amphitheater</td>
<td>9 pm</td>
<td>6:17-7:15</td>
<td>9 pm</td>
<td>6:09-8:22</td>
<td>8:30 pm</td>
<td>707-82004</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Astronomy in the Park</strong></td>
<td>30 minute program followed by viewing</td>
<td>Upper Beaver Meadows Trailhead</td>
<td>7:30 pm</td>
<td>6:27-8:22</td>
<td>9 pm</td>
<td>6:09-7:20</td>
<td>8:30 pm</td>
<td>707-8204</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Stories Behind the Moon and Stars</strong></td>
<td>1 to 1.5 hours</td>
<td>Moraine Park Discovery Center</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Tuesday, 6/19 and 6/26</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Twilight Walk</strong></td>
<td>1 to 1.5 hour walk</td>
<td>Bear Lake Trailhead</td>
<td>7:45 pm</td>
<td>6:27-7:26</td>
<td>7:15 pm</td>
<td>7:01-8:29</td>
<td>7:00 pm</td>
<td>8:14-8:29</td>
<td></td>
</tr>
</tbody>
</table>

### EVENING PROGRAMS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Length</th>
<th>Location</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aspenglen Campground</strong></td>
<td>45 minute program</td>
<td>Aspen Campground Amphitheater</td>
<td>7:30 pm</td>
<td>6:27-8:22</td>
<td>9 pm</td>
<td>6:09-7:20</td>
<td>8:30 pm</td>
<td>707-8204</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Glacier Basin Campground</strong></td>
<td>45 minute program</td>
<td>Glacier Basin Campground Amphitheater</td>
<td>9 pm</td>
<td>6:04-7:15</td>
<td>9 pm</td>
<td>6:09-8:22</td>
<td>8:30 pm</td>
<td>707-82004</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Moraine Park Campground</strong></td>
<td>45 minute program</td>
<td>Moraine Park Campground Amphitheater</td>
<td>9 pm</td>
<td>6:17-7:15</td>
<td>9 pm</td>
<td>6:09-8:22</td>
<td>8:30 pm</td>
<td>707-82004</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Astronomy in the Park</strong></td>
<td>30 minute program followed by viewing</td>
<td>Upper Beaver Meadows Trailhead</td>
<td>7:30 pm</td>
<td>6:27-8:22</td>
<td>9 pm</td>
<td>6:09-7:20</td>
<td>8:30 pm</td>
<td>707-8204</td>
<td>8:30 pm</td>
</tr>
<tr>
<td><strong>Stories Behind the Moon and Stars</strong></td>
<td>1 to 1.5 hours</td>
<td>Moraine Park Discovery Center</td>
<td>Friday, 7/6 and 7/13</td>
<td>8:15 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Friday, 8/3 and 8/10</td>
</tr>
<tr>
<td><strong>Twilight Walk</strong></td>
<td>1 to 1.5 hour walk</td>
<td>Bear Lake Trailhead</td>
<td>7:45 pm</td>
<td>6:27-7:26</td>
<td>7:15 pm</td>
<td>7:01-8:29</td>
<td>7:00 pm</td>
<td>8:14-8:29</td>
<td></td>
</tr>
</tbody>
</table>

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**Notes:**
- Dates and times are subject to change.
- Check the daily schedule at a visitor center for details.
- Bring appropriate gear and clothing.
- Some programs require reservations; check the website or call the park for details.
### Alpine (Trail Ridge Road)

<table>
<thead>
<tr>
<th>TALKS AND WALKS</th>
<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>All About Lightning</td>
<td>20 to 30 minute talk</td>
<td>Alpine Visitor Center</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
<td>2:30 pm</td>
</tr>
<tr>
<td>Chat with a Ranger</td>
<td>Drop-in program</td>
<td>Alpine Visitor Center</td>
<td>2:30-3 pm</td>
<td>2:30-3 pm</td>
<td>10:30-11 am</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>High Country Geology</td>
<td>3 hour hike</td>
<td>Alpine Visitor Center</td>
<td>9 am</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tundra Nature Walk</td>
<td>1.5 to 2 hour hike</td>
<td>Alpine Visitor Center</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
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</tbody>
</table>

#### Activities and Talks

- **Advice from a Ranger**
  - **What do you need to know about Rocky?** Drop by this informal program to hear what rangers think about wildlife, hiking, and exploring our beautiful park!
  - Location: Kawuneeche Visitor Center
  - **Duration:** 1 hour drop-in program

- **Exploring with a Camera**
  - Learn tips to improve your pictures during this photography walk.
  - Location: Timber Lake Trailhead
  - **Duration:** 1 to 1.5 hour activity

- **Holzwarth Historic Site**
  - Tour a 1920s-era dude ranch for a taste of early homesteading and tourism.
  - Location: Holzwarth Historic Site Parking Area
  - **Duration:** Drop-in tour

- **Journaling and Sketching in Nature**
  - Join a ranger for an introduction to journaling and sketching in the natural world. No artistic talent required! Starts 6/23–ends 7/28
  - Location: Holzwarth Historic Site Parking Area
  - **Duration:** 1.5 hour activity

- **Sisters of Courage**
  - Learn about the pioneer experience through the story of the remarkable Harbison sisters and their family. Includes a 1/2 mile walk to the homestead site.
  - Location: Kawuneeche Visitor Center Flaggpole
  - **Duration:** 2.5 hour activity

- **Volunteer in Rocky!**
  - Join us for an hour-long volunteer project that will help preserve Rocky for future generations. All ages are welcome!
  - Location: Timber Creek Campground Amphitheater
  - **Duration:** 1 hour activity

---

**Alpenglow softly falls on Bowen Mountain, a prominent peak on the west side of the park.**

**NPS PHOTO / RUSSELL SMITH**

### West Side

<table>
<thead>
<tr>
<th>ACTIVITIES AND TALKS</th>
<th>LENGTH</th>
<th>LOCATION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advice from a Ranger</td>
<td>1 hour drop-in program</td>
<td>Kawuneeche Visitor Center</td>
<td>2:30 to 3:30 pm</td>
<td>2:30 to 3:30 pm</td>
<td>2:30 to 3:30 pm</td>
<td>2:30 to 3:30 pm</td>
<td>2:30 to 3:30 pm</td>
<td>2:30 to 3:30 pm</td>
<td>2:30 to 3:30 pm</td>
</tr>
<tr>
<td>Exploring with a Camera</td>
<td>1 to 1.5 hour activity</td>
<td>Timber Lake Trailhead</td>
<td></td>
<td></td>
<td></td>
<td>1:30 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Holzwarth Historic Site</td>
<td>Drop-in tour</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>10:30 am to 4:30 pm</td>
<td>10:30 am to 4:30 pm</td>
<td>10:30 am to 4:30 pm</td>
<td>10:30 am to 4:30 pm</td>
<td>10:30 am to 4:30 pm</td>
<td>10:30 am to 4:30 pm</td>
<td>10:30 am to 4:30 pm</td>
</tr>
<tr>
<td>Journaling and Sketching in Nature</td>
<td>1.5 hour activity</td>
<td>Holzwarth Historic Site Parking Area</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sisters of Courage</td>
<td>2.5 hour activity</td>
<td>Kawuneeche Visitor Center Flaggpole</td>
<td>1 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volunteer in Rocky!</td>
<td>1 hour activity</td>
<td>Timber Creek Campground Amphitheater</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:30 am</td>
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</table>
### West Side (continued)

#### WALKS AND HIKES

<table>
<thead>
<tr>
<th>Length</th>
<th>Location</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5–2 hours</td>
<td>Onahu Trailhead</td>
<td>9 am</td>
<td>9 am</td>
<td>9 am</td>
<td>9 am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 hour walk</td>
<td>Valley Mt. Parking Area</td>
<td>1 pm</td>
<td>1 pm</td>
<td>1 pm</td>
<td>1 pm</td>
<td>1 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 mile, 1.5 hours walk</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>9:30 am</td>
<td></td>
<td>9:30 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 mile, 1.5 hour hike</td>
<td>Onahu Trailhead</td>
<td>9 am</td>
<td>9 am</td>
<td>9 am</td>
<td>9 am</td>
<td></td>
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</table>

#### FUN PROGRAMS FOR KIDS

<table>
<thead>
<tr>
<th>Length</th>
<th>Location</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hour activity</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>10 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 hour activity</td>
<td>Kawuneeche Visitor Center</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td>10 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 hour activity</td>
<td>Holzwarth Historic Site Parking Area</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:45 am</td>
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#### EVENING PROGRAMS

<table>
<thead>
<tr>
<th>Length</th>
<th>Location</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>45 minute program</td>
<td>Timber Creek Campground Amphitheater</td>
<td>6/20–7/31</td>
<td>9 pm</td>
<td>8/1–9/4</td>
<td>8:30 pm</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>1 mile, 2 hour walk</td>
<td>Holzwarth Historic Site Parking Area</td>
<td>7 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 hour program</td>
<td>Kawuneeche Visitor Center</td>
<td>7 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.5–2 hours walk</td>
<td>Colorado River Trailhead</td>
<td>8 pm</td>
<td>8 pm</td>
<td>until 7/15</td>
<td>until 7/15</td>
<td>until 7/16</td>
<td>until 7/16</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>7:30 pm</td>
<td>7:30 pm</td>
<td>7/22–9/2</td>
<td>7/24–8/28</td>
<td>7/24–8/28</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Become a Junior Ranger

Junior Rangers at Rocky Mountain National Park have fun discovering the natural world and learning why we need to protect our national parks. We need the help of all our rangers to keep Rocky protected for many years to come. Pick up a free Junior Ranger activity booklet at any visitor contact station, discover the park, and become a ranger by earning your badge! There are activity books for kids ages 5 and under, 6–8, and 9 and up.

You can attend an astronomy program to earn the Junior Ranger Night Explorer patch, and on Thursdays at Junior Ranger Headquarters you can become a Junior Wildland Firefighter by learning about fire’s role in shaping our park lands. The park’s Junior Ranger Program is funded by the Rocky Mountain Conservancy and is a great way to get kids out exploring and discovering their national park.
Camping

CAMPGROUND | RESERVABLE | FIREWOOD AND ICE | RV TRAVEL TRUCK LENGTH | SUMMER CAMP SITE | DESIGNATED ACCESSIBLE SITES | TENT PAD SIZE | SUMMER FLUSH TOILETS | DESCRIPTION
--- | --- | --- | --- | --- | --- | --- | --- | ---
Aspenglen | Yes | Yes | 30 ft | No Use Glacier Basin, Moraine Park, or Timber Creek | Yes | 13 x 15 ft | Yes | In pine forest by rushing Fall River just inside the Fall River Entrance on US Hwy 34 west of Estes Park.
Glacier Basin | Yes | Yes | 35 ft | Yes | Yes | Varies | Yes | On Bear Lake Road across from the Park & Ride. Hazard trees were removed so no shade in C, D, Group Loops, but there are good views and night sky, and it’s good for slideouts.
Longs Peak | No. All sites are first-come, first-served. | Firewood summer only (No ice) | Tents only | No | No | 13 x 15 ft | No, vault toilets only | In pine forest nine miles south of Estes Park off Highway 7.
Moraine Park | May fill by reservation in summer. First-come, first-served in winter. | Yes, summer only | Limited number of sites up to 40 ft | Yes | Yes | Varies | Yes, except B Loop (vault toilets) | In pine forest above meadows of Moraine Park. A short drive from Beaver Meadows Entrance on Bear Lake Road.
Timber Creek | No. All sites are first-come, first-served. | Firewood only | 30 ft | Yes | Yes | Varies | Yes | Only campground on park’s west side. Near Colorado River ten miles north of Grand Lake on US Hwy 34.

Overnight stays in Rocky Mountain National Park must be in a campground or designated wilderness site. You are not allowed to stay overnight in a car or RV along roads or at trailheads.

All park campgrounds usually fill on summer days and fall weekends. Reservations for late-May through September can be made six months to one day in advance and are highly recommended. To make a reservation: reserveamerica.com • recreation.gov • 877 444-6777

**Fees to Camp**

- When the water is off (winter), Moraine Park Campground Loop B is $18 per night.
- America the Beautiful Senior and Access Pass holders receive a 50 percent discount on camping fees.

**Stay Limits**

You can stay no more than seven nights TOTAL between June 1 and September 30, plus an additional 14 nights from October 1 to May 31. Stay limits are on a parkwide, rather than per campground, basis.

**At All Standard Campsites**

- Eight people or less may camp at a given site.
- All campsites, including RV sites, have a tent pad, picnic table, and fire grate.
- Shared food storage lockers are available throughout all campgrounds.
- There are no electric, water, or sewer hookups at any park campsite.

**Food Storage**

Do not attract wildlife, including black bears, to your campsite.

Improperly stored or unattended food items will result in a violation notice. Food items include food, drinks, drink containers, toiletries, cosmetics, pet food and bowls, odoriferous attractants, cleaning supplies, and garbage, including empty cans, food wrappers, etc. These must be disposed of in trash or recycling receptacles.

In campgrounds, store all food items in food storage lockers. If full, store food:

- Inside vehicle trunks with windows closed and doors locked.
- If you don’t have a trunk, put items in the passenger compartment as low as possible and covered from sight, with windows closed and doors locked.
- If driving a convertible or motorcycle, use food storage lockers, available in all park campgrounds. Food storage lockers are shared with other visitors and cannot be locked. Food storage lockers are shown on all campground maps.

**Wilderness Camping**

Permits and Fees

Overnight stays in the wilderness require a permit available at the Beaver Meadows Wilderness Office or Kawuneeche Visitor Center. To learn more or make a reservation (highly recommended for summer), visit go.nps.gov/RockyWildernessCamping.

A $26 fee is required between May 1 and October 31. This nonrefundable, non-exchangeable fee must be paid when reservations are made.

To protect visitors and wildlife, wilderness campers must use carry in/carry out, commercially-manufactured, hard-sided, bear-resistant food storage containers in all areas of the park between April 1 and October 31. Containers may be rented or purchased at outdoor shops in nearby communities.

**Leave No Trace**

About 4.5 million people visit Rocky every year. Whether hiking, camping, or driving, keep your park beautiful by practicing Leave No Trace Ethics.

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of others

Sprague Lake Accessible Wilderness Campsite

Contact the Wilderness Office at 970 586-1242. 12 campers with up to five wheelchair users can stay at the site. A $26 administrative permit fee is required from May 1 to October 31.
Park Shuttle Bus

Shuttle Service at a Glance

<table>
<thead>
<tr>
<th>ROUTE</th>
<th>SCHEDULE</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiker Shuttle</td>
<td>Hourly</td>
<td>Daily May 26-Sep 9</td>
</tr>
<tr>
<td>Express</td>
<td>7:30 am to 10 am</td>
<td>Weekends Only</td>
</tr>
<tr>
<td></td>
<td>30 min 10 am to 6 pm</td>
<td>Sep 15-Oct 8</td>
</tr>
<tr>
<td>Bear Lake Route</td>
<td>10–15 min 7 am to 7:30 pm</td>
<td>Daily May 26-Oct 8</td>
</tr>
<tr>
<td>Moraine Park Route</td>
<td>30 min 7 am to 7:30 pm</td>
<td>Daily May 26-Oct 8</td>
</tr>
</tbody>
</table>

There are no shuttle bus services on the west side of the park or across Trail Ridge Road. There are several commercial shuttle tours in the Estes area. Contact the Estes Park Visitor Center for Information. 800 443-7837 or visitestespark.com

Most shuttle buses are accessible and can accommodate wheelchairs. Contact shuttle staff or rangers if accommodation is needed.

Dogs are not allowed on shuttle buses Except service animals that have been individually trained to perform specific tasks for the benefit of persons with disabilities (see page 2 for more).

At Rocky Mountain Conservancy Nature Stores, Your Purchase Makes A Difference

The best Rocky Mountain National Park t-shirts, games, toys, books, maps and other interesting items are here, at any of the Rocky Mountain Conservancy Nature Stores located in park visitor centers. When you make a purchase from our nonprofit organization, proceeds are returned to the park, supporting important educational and research programs. Drop by today:

Visit Conservancy Nature Stores at:
Alpine Visitor Center  ❖  Beaver Meadows Visitor Center
Fall River Visitor Center  ❖  Kawuneeche Visitor Center
Moraine Park Visitor Center

www.RMConservancy.org

Elevate Your Shopping Experience

Take the trail to the clouds and not only will you find breathtaking vistas, you’ll find the best selection of Rocky Mountain National Park souvenirs including an amazing selection of authentic Native American gifts. Plan, enjoy a bite to eat at our café and coffee bar.

www.RMConservancy.org

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Fall River Visitor Center  ❖  Kawuneeche Visitor Center
Moraine Park Visitor Center

www.RMConservancy.org

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